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Your essential daily news | WEDNESDAY, FEBRUARY 17, 2016

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Brandon, 5, from Miami makes a snow angel on Parliament Hill, Tuesday.
THE CANADIAN PRESS

SNOW THANKS

Blizzard blankets the capital
metroNEWS

City's 'groundbreaking' plan targets emissions

ENVIRONMENT

Stars aligning for Ottawa to up climate change fight: Official

Lucy Scholey
Metro | Ottawa

The city's environment committee adopted a "groundbreaking" new plan to tackle climate change on Tuesday.

If council gives the green light to Capital Coun. David Chernushenko's plan, the city would set an unprecedented reduction target on greenhouse-gas emissions.

"We're going to remind people — industry, as well as the average citizen, all the institutions here — we've all got a role to play. And the city is going to play its leadership role," said Chernushenko, who chairs the environment committee.

Here's what the climate protection plan sets out:

- Reduce greenhouse gas emissions by 80 per cent below 2012 levels by 2050.
- Develop a plan to do this (the environment committee chair would work with external stakeholders and an internal city working group).
- Ask city staff to study the feasibility of implementing minimum energy performance standards for new buildings.
- Have the mayor join the Compact of Mayors, a group of worldwide city leaders taking action on climate change.

Change the committee's name to the "environment and climate protection committee," which is meant to send the message that climate change is important.

Chernushenko said he has met with Environment Minister Catherine McKenna — who pushed for a stricter 1.5 C global warming target at the Paris climate talks last year — and she is in full support of the plan.

It's a rare thing for all three levels of government to be on board climate change action, said Graham Saul, executive director of Ecology Ottawa.

"It's groundbreaking in the sense that the stars have aligned for meaningful action on climate change in the City of Ottawa," he said.

Councillors around the committee table and the dozen or so delegates at the microphone praised the plan — except for Rideau-Goulbourn Coun. Scott Moffatt, who said the 34-year reduction target was too ambitious.

"It's important to set goals that we can actually strive to achieve," he said, before voting against the motion.

Innes Coun. Jody Mitic — an environment committee member who was not at the meeting — said on Twitter he disagreed with the committee's name change.

River Coun. Riley Brockington said he would rather see a more concrete plan in place before a target is set.

"I don't know if we're lowballing the number. I don't know if it's just a dream," he said, but he ultimately voted in favour.

> "We're going to remind people ... we've all got a role to play. And the city is going to play its leadership role."
> Capital Coun. David Chernushenko

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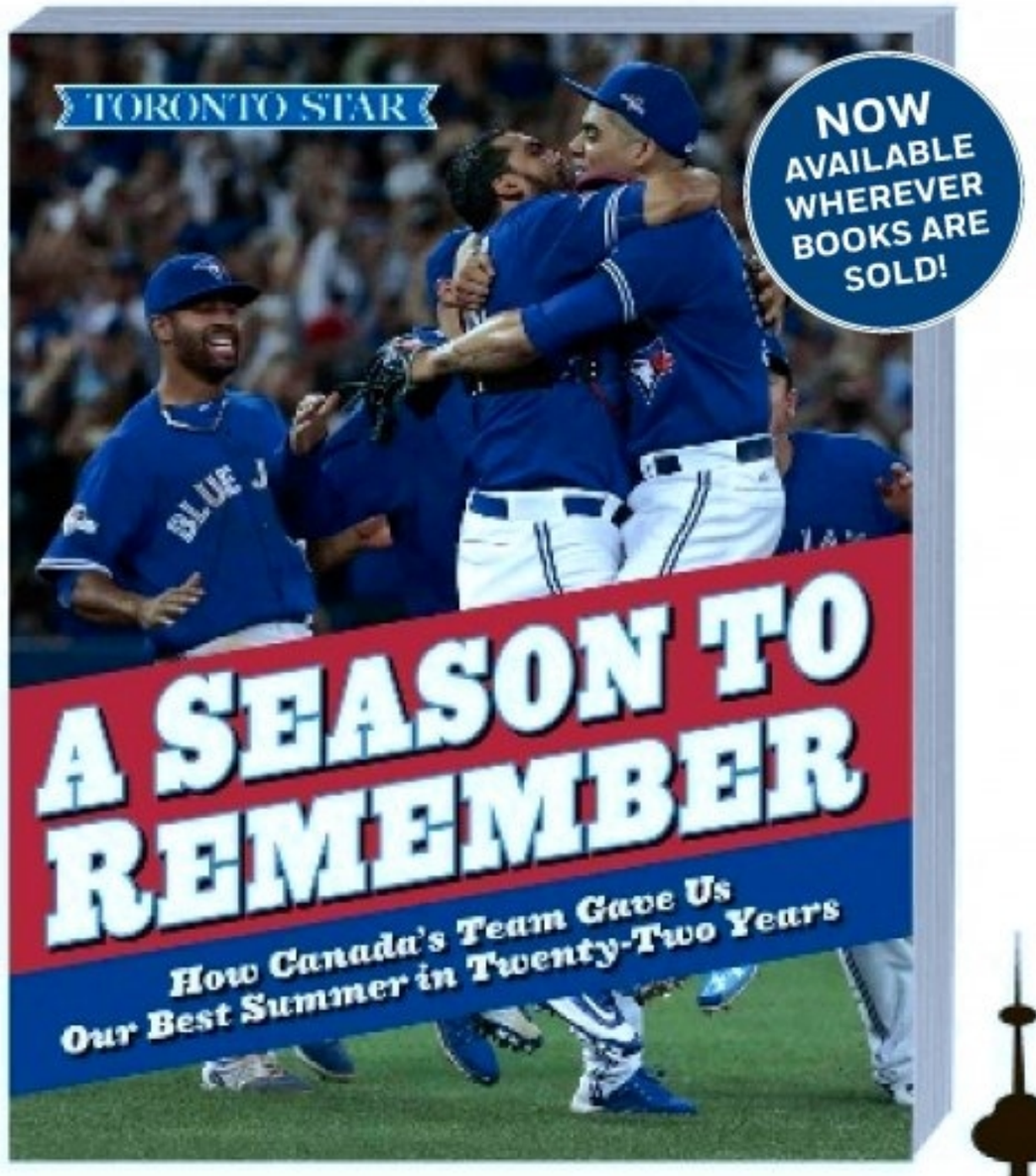
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metro NEWS

Your essential daily news

Morning in America, eh? Marco Rubio campaign ad mistakenly features Vancouver. **Canada**

Diefenbunker visitors can get lost in a new challenge

HISTORY

Escape Manor has created world's largest mystery room

Lucy Scholey
Metro | Ottawa

Diefenbunker visitors will soon find themselves lost in the four-storey underground Carp, Ont., facility, rushing to escape an enemy spy organization.

It sounds like the fears of the Cold War era come true, albeit decades later. But in reality, it's Ottawa's newest "escape room" — a game in which a group of adults pay to get locked in a room and find their way out using clues and cracking codes.

Escape Manor, the company that oversees nine differently themed rooms in two Ottawa locations, has partnered with the Diefenbunker to create the "world's largest escape room."

"Everyone is already familiar with the immensity and the history of the Diefenbunker," said Billy Rogers, of Escape Manor, but now it's paired with "a really fun and interactive gaming experience. It just kind of took off from there."

All Thursday-to-Sunday slots are booked from March into August, but Rogers said the company is considering opening doors on Wednesdays and into September.

Set on the second underground level of the 100,000-square foot museum, this escape room is appropriately espionage-themed. The idea is that you and your friends get left behind after the last tour, only to discover the bunker is a front for an enemy spy organization. You overhear plans of an attack and you must find the communications rooms, signal a Red Alert and escape.

> **I think that this will be just another reason that people will want to come and experience the Diefenbunker.**
> Megan Lafreniere

"What better place to get lost in than this underground bunker with all of these rooms?" said Megan Lafreniere, marketing manager for the Diefenbunker. "The level that this is taking place on is the most complex floor. There's room upon room. It's very maze-like."

This is the Diefenbunker's latest attempt to get younger generations interested in a place and era they likely know little about.

Named after former prime minister John Diefenbaker, the underground bunker was meant to house more than 500 Canadian government officials and military officers in the case of a nuclear attack. It was secretly built between 1959 and 1961 and fully operational until it was decommissioned in 1994.

It has been a museum ever since and it will continue to operate as such. The escape room games start after the tours wind up at 4 p.m.

Because it's a national historic site, the organizers can't alter the facility, but are working on building temporary add-ons.

Visitors won't have much more than a glimpse into the Cold War era or the history of the Diefenbunker, as they will be too busy running around and solving the mystery. But Lafreniere said she hopes they will return to learn more.

"I think that this will be just another reason that people will want to come and experience the Diefenbunker," she said.

For more information, visit escapemanor.com.

The main tunnel to the Diefenbunker, Canada's Cold War Museum, in Carp, Ont.
SEAN KILPATRICK/THE CANADIAN PRESS

CRIME

Ottawan accused of human trafficking

Haley Ritchie
Metro | Ottawa

An Ottawa man has been arrested and charged with human trafficking and drug possession.

Matthew Valentini, 34, was arrested Friday for the alleged sexual exploitation of a 15-year-old girl over a period of time between 2013 and 2014.

Multiple human trafficking charges were laid, including recruiting and receiving material benefit. He was also charged with cocaine possession and driving with a suspended licence.

Valentini is the husband of Miranda Valentini, the children's pastor at Sunnyside Wesleyan Church on Grosvenor Avenue.

Senior pastor Brent Russett said Valentini attended the church "sporadically" and occasionally filled in at the Sunday school as an assistant teacher. Russett said if Valentini is released on bail he will be welcome to attend church but would not be allowed to volunteer until he is cleared of charges.

"We do a background check on everyone who works with children or any kind of vulnerable populations so that just would not happen," he said.

Police said they believe Valentini may have had inappropriate contact with other minors and other charges could be laid. The police investigation is ongoing.

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HEALTH

Call out for paramedic regulator

Joe Lofaro
Metro | Ottawa

The head of the Professional Paramedic Association of Ottawa is joining the call for paramedics in Ontario to be regulated by a college — much like ones that govern doctors and physiotherapists.

Darryl Wilton, who has been a paramedic since 1996, said a professional college would not only make the profession more transparent when members are disciplined, but it would also improve patient care.

Paramedics, for example, are required to call hospital physicians in the middle of a call for approval on how much naloxone to administer to a patient who has overdosed on heroin or pain medication. Sometimes doctors in the ER are too busy to take their call and paramedics' hands are tied, said Wilton.

"It's a very cumbersome system that we currently work under," he said.

If updates to our complaints process are necessary we will make the appropriate changes.
Health Minister Eric Hoskins

Paramedics are already regulated to perform eight of the 13 acts under the Regulated Health Professions Act. For Wilton, the push for reform is mainly about adapting to changes in the community and to provide faster care.

"It's very frustrating when paramedics have the formal education and they're carrying the medications and they know what they can do to save lives, improve communities, and it's being stifled by layers of government two or three levels higher. It's a very inefficient system in Ontario," he said.

Paramedics in other jurisdictions are also calling for their profession to be regulated by a college. A college would also increase accountability in the field by making discipline hearings open to the public.

In an emailed statement to Torstar News Service, Health Minister Dr. Eric Hoskins said paramedics are "an important, trusted part of our frontline health care in Ontario.

"It is important though that our government maintains the proper reporting mechanisms to ensure that highest level of care," he said.

FILES FROM TORSTAR NEWS SERVICE

Open up Para Transpo to other disabilities: Report

TRANSIT

Physically challenged not only people in need of service

Emma Jackson
Metro | Ottawa

People with mental health issues and developmental disabilities should be allowed on Para Transpo, customers say.

A report to the Transit Commission shows 72 per cent of 934 questionnaire respondents think Para should expand its client base beyond those with physical challenges.

Another 77 per cent think the service needs new conditional categories that would let some riders access Para only when regular transit isn't manageable.

The results are part of a report heading to Transit Commission Wednesday.

City council agreed to review Para Transpo's eligibility and booking systems last May, and launched extensive consultations in the fall. Between August and November, staff heard from 934 people through surveys and focus groups.

What are the next steps? How are they going to translate that into some action? Judy Bernstein

While the surveys overwhelmingly supported expanding eligibility to all people with disabilities, people at eight roundtable discussions worried the rush of new clients could overburden the system. The service already schedules 3,200 unique trips every day.

Results were also split on the question of medical assessments.

Only 41 per cent of survey respondents thought in-person eligibility assessments were a good idea (this number was higher in the roundtable groups) while 53 per cent agreed clients should be re-assessed every three years, with the exception of obvious cases.

Judy Bernstein, director of supports at the Ottawa-Carleton Association for Persons with Developmental Disabilities, said she's "not surprised" by the results, which speak to Ottawa's "very inclusive" culture. But she wants to make sure talk becomes action.

"For me, it's, 'What are the next steps? How are they going to translate that into some action?'" Bernstein said.

The report says customer feedback will factor into staff recommendations along with the city's long-term transit affordability plan — meaning cost could be an issue. Mayor Jim Watson has promised to cap tax hikes at two per cent annually until 2018.

Staff should table Para Transpo recommendations this summer.

WEATHER SNOWY STROLL A woman makes her way to Parliament Hill as a major winter storm hits Ottawa on Tuesday. SEAN KILPATRICK/THE CANADIAN PRESS

ACADEMIA

Eight new Canada Research Chairs at U of Ottawa

Stephen Karmazyn
Ottawa Business Journal

The announcement of eight new Canada Research Chairs for the University of Ottawa is a huge "brain gain" for Canada, the university's vice-president of research said Friday.

Mona Nemer said the funding associated with the appointments, and the renewal of seven other CRCs is worth $25 million, adding it gives Canada an edge in an ever more competitive global market.

"The CRCs are great recruitment and retention tools. The program was developed precisely for that," Ms. Nemer said. "The competition for talent is a global competition, in Asia, the U.S., in Europe. Everywhere, people want the best brains.

"We were able to hire outstanding scientists in areas that are critical for Canada."

The CRCs include areas like clean-tech, IT and photonics.

Benoît Lessard, the new Canada Research Chair in Advanced Polymer Materials and Organic Electronics, gave Minister of the Environment and Climate Change, Catherine McKenna, a tour of his lab, showing his research into organic semiconductors which could replace silicon.

"We could use (organic semiconductors) for various different sensors for increased environmental monitoring as well as things like better health care," Lessard said. "Also, the material themselves are produced with less cost to manufacture than conventional material . . . and less energy intensive (to produce)."

Solar panels are another area that could stand to benefit from his research, Lessard said. Polymers would be a more flexible material than the silicon currently used in many solar panels.

Samsung displays are made from organic materials that allow them to be thinner and brighter, and Lessard is using the same technology to make sensors for advanced manufacturing and environmental monitoring, among other implementations.

Nemer said the CRC is crucial to research like this, and called for more investment into research and innovation.

"We need to appreciate that innovation begins with intelligent ideas and people who will see them through," she said. "Without talent and without great researchers I don't think the country as a whole can aspire to a knowledge economy. And certainly the institutions and the universities — including the University of Ottawa — would lose any competitive edge they had on the global scene."

Ontario Premier Kathleen Wynne heads back to her office after a meeting at Queen's Park last year. Ontario's Liberal government will introduce the 2016 provincial budget on Feb. 25.
FRED CHARTRAND/THE CANADIAN PRESS

Ontario budget due next week

ECONOMIC PLANNING

Libs to release fiscal plan two months earlier than last year

Ontario's Liberal government will introduce the 2016 provincial budget on Feb. 25, two months earlier than last year's fiscal plan was announced.

Finance Minister Charles Sousa would not say why this budget will be introduced early, except to say there are "anxieties" about the national and global economies.

"There's a lot of programs that we're taking and it's important for us to come out early in order for us to achieve success in some of the investments that we're proposing," he said.

Sousa also announced a one-year delay in the start of payroll deductions for the new Ontario Retirement Pension Plan, a move that will benefit about 400 large employers.

Companies with 500 or more workers and no comparable pension plan were going to have to start making contributions on Jan. 1, 2017.

But Sousa said Tuesday that phase is being pushed back a year and instead will coincide with the start of contributions for medium-sized employers on Jan. 1, 2018.

Businesses with 50 or fewer employees will still have to start contributions on Jan. 1, 2019, and the ORPP will be fully phased in by 2020 — unless there is an agreement with other provinces on enhancement of the Canada Pension Plan.

The Ontario pension plan roll-out is being delayed to provide more time for that discussion, Sousa said.

It's hoped that options for CPP enhancement can be developed by the end of May for the federal-provincial finance ministers' meeting in June.

The provincial government has long said that it will proceed with its pension plan unless the CPP is enhanced.

To that end, Ottawa has agreed to facilitate plan registration, data sharing arrangements and some elements of administering the plan.

Sousa told the Empire Club of Canada that the government consulted widely on the budget and said it will reflect the priorities of Ontarians.

But the opposition parties say introducing the budget so soon after consultations ended makes it look as though the Liberals were not really listening and wrote the document before all the public comments were received.

THE CANADIAN PRESS

> **There's a lot of programs that we're taking and it's important for us to come out early in order for us to achieve success.**
> Finance Minister Charles Sousa

READY OR NOT

Provincial plan to tackle $7.5B deficit awaited

The budget is expected to show how the Liberal government will meet its self-imposed deadline of eliminating the $7.5-billion deficit by 2017-18, as well as details on wine sales in grocery stores and the cap-and-trade program.

THE CANADIAN PRESS

HUMAN RIGHTS

Anti-racism body to be created, 10 years after it was promised

Ontario is establishing an anti-racism directorate 10 years after it promised to do so.

In 2006 the Liberals passed legislation that would enable them to create such an office, but Premier Kathleen Wynne says the focus on issues of racism has sharpened over the past year.

She says the government has done a lot of work over the years on this file, but issues faced by Syrian refugees and the debate over police street checks — known as carding — has shown the discussion must be taken on anew.

Culture Minister Michael Coteau will now also be the minister responsible for anti-racism.

But there is so far no budget nor a business plan for the office, but Coteau will "consult with community members to establish the specifics of the directorate's mandate."

The NDP has long been calling for an anti-racism secretariat and leader Andrea Horwath says it should have been put in place a long time ago.

Wynne says this announcement is also an economic one.

"It is critical that every young person in this province, no matter the colour of their skin, no matter their religion, no matter their ethnic background, that they have a full opportunity to take part in that economy," she said.

"If you look at the north of this province, the labour force is aboriginal young people. Aboriginal young people are the fastest growing group in this province ... if we don't make sure that those young people have every opportunity that every other child in the province has, then we're not doing the economy a service."

THE CANADIAN PRESS

Culture Minister Michael Coteau. RICHARD BRENNAN / TORSTAR NEWS SERVICE

MINISTRY OF TRANSPORTATION

Province seeks $33M in fines from snow plow operators

Ontario is asking for arbitration to try to recover more than $33 million in unpaid fines levied against snow plow operators in recent years for failing to adequately clear highways.

Transportation Minister Steven Del Duca said companies contracted by the government to keep highways clear of snow and ice have many ways to appeal any fines imposed by the ministry when they don't do the job properly or fast enough.

"A fine is levied in the field and it can be appealed to the region. It can then be appealed to the (ministry) headquarters, and ultimately it can go to mediation, and like any contract it can be litigated," Del Duca said Tuesday. "What I'm doing with trying to go to arbitration now is to get this resolved, have an independent third party determine what amounts are owed, and move on with this program."

The companies would have to agree to arbitration on the outstanding fines, but Del Duca admitted they don't have to consent to the process, which would leave only one other option for the government: to sue the contractors. THE CANADIAN PRESS

$47M

The ministry levied a total of $47.24 million in fines against road maintenance contractors between 2010 and 2015, but only $13.83 million was paid.
THE CANADIAN PRESS

This plow is clearing a highway, but millions in fines show mixed results across Ontario. THE CANADIAN PRESS/J.P. MOCZULSKI

Gertrude Kearns' portrait of **Lt.-Gen. Andrew Leslie**, part of Art of Command exhibit at the Fort York Visitors Centre. GERTRUDE KEARNS/TORSTAR NEWS SERVICE

Politics not for the 'faint of heart': MP

ANDREW LESLIE

Retired military man enjoys House of Commons

POLITICAL BUZZ

Jessica Murphy

Liberal MP Andrew Leslie has come under fire more than once in his decades in the military, but his time in war zones didn't prepare him for the blood-sport of federal politics.

"If you are faint of heart and you can't take being — I won't say shot at — but if you can't take being criticized for faults, or potential errors being magnified or used for other purposes than just engaging in a normal discussion, then you shouldn't be in this business," says the retired lieutenant-general.

As a former high-profile senior soldier in the Canadian Armed Forces, Leslie, 58, was a catch for the Liberals, first as an adviser on international affairs, then as a candidate — a fact that put him squarely in the sights of rivals once he entered the political fray.

There was a controversy around a costly same-city move subsidized by taxpayers when he retired from the army, a spat at his nomination between supporters and those backing another contender where police were called, a squabble over whether he was handpicked to run in the riding, and comments Leslie made at a veterans event were recorded, leaked to the media, and pounced on by the Conservatives.

Now though, it's a relaxed, confident Leslie, who's feeling philosophical about that early bumpy ride over a half pint of Creemore at Darcy McGee's. He's happily busy in his role as party whip — a retirement spent golfing isn't for him, he says — and his skin has gotten thicker in the last couple of years.

"You adapt or you go the way of the dinosaur," he says.

Army lingo still creeps into his speech (he talks about "racking and stacking" legislative priorities), and he admits to missing the intensity and excitement of missions.

It is different now, being on the other side of the fence. And now, the Liberals are refocusing efforts to what Leslie describes as "a classic, centrist approach to Canada's place in the world."

Leslie said all the prime ministers he's worked with — Jean Chrétien, Paul Martin and Stephen Harper — asked the military to make tough calls but gave the brass straightforward answers as to why they were requesting the missions. He expects the Liberals to do so as well.

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Little town desperate for hairdresser

NORTHWEST TERRITORIES

Wanted: Professional willing to move way up north

The town of Norman Wells, N.W.T., could be on the fringes of a new "do" after going two years without a professional hairstylist.

After years of exclusively getting out-of-town hair cuts, Nicky Richards is spreading the word about the lack of hair care in Norman Wells, a place she has called home for 35 years.

As an economic development officer, Richards assists local entrepreneurs to start businesses, but as a denizen of the salon-free town, she is seeking a professional hairstylist to fill in a space ready for haircuts.

"It's a ready-made salon in a local hotel, complete with two stylists' chairs, mirrors and sinks," she said.

Richard said the last time Norman Wells had a hair stylist was two years ago, when "somebody's wife had come up for two weeks." Following that, the town had a five-year hair stylist-free stint.

Even town Councillor Lise Dolen can admit that Norman Wells is a "pretty shaggy place."

"It is a great opportunity for someone if they are interested because there's a place set up," Dolen said. "Other than the issue of finding housing, they'd make a killing up here, because there are a lot of shaggy people."

So how have the people of Norman Wells dealt without a stylist? Richards said that what people get used to doing is waiting, or doing it themselves.

"Everyone goes out for a holiday at some point, so we wait for the holiday," she said.

But now that there's a chair to fill, people are starting to come forward with their scissors.

Stylists from as far as South Africa have responded to Norman Wells, and an award-winning stylist came up from Edmonton for a week at the end of February.

TORSTAR NEWS SERVICE

Ryan Spurrell takes matters into his own hands.
TORSTAR NEWS SERVICE

WINNIPEG MUSEUM

Trudeau's sketch auctions for $25K

A watercolour sketch drawn by Justin Trudeau months before he became prime minister has been auctioned off on eBay for $25,200 to a Toronto businessman and philanthropist, and his artist wife.

Viv Draward, communications director for Friends of the Canadian Museum for Human Rights, said Alice and Grant Burton have been previous donors to the facility.

Trudeau drew the image of the museum after visiting the Winnipeg building last spring. Postcard prints of the image were given to Liberal party donors, and museum officials approached Trudeau about getting the original for a fundraiser.

"It's like, wow! With this kind of fundraiser, you never know what can happen, so we didn't want to set our expectations too high," said Draward. "It's just amazing how well it ended up doing, and I think it demonstrates what a unique piece the sketch is and the interest people are taking in human rights."

Grant Burton is president of Starcan Corp. and director emeritus at the National Arts Centre while Alice Burton's works have been exhibited in Toronto, Montreal and New York as well as Europe and South America.

Draward said the couple are on vacation in Jamaica but he issued a statement regarding their latest acquisition.

The Canadian Museum For Human Rights is shown in this undated sketch by Justin Trudeau. HANDOUT

"My wife and I were overwhelmed on our first visit to the Canadian Museum of Human Rights, in terms of both the Winnipeg landscape, and more importantly, its relevance for an increasingly diverse society and for Canadians' imperfect knowledge of our own history."

The framed and signed image, measuring 41 by 31 centimetres — plus a note Trudeau wrote to chief fundraiser Gail Asper attached to the back — was up for bids on eBay for 10 days.

David Silcox, art historian and former president of Sotheby's Canada, said that from a technical point of view, the sketch is of a professional calibre, calling the drawing "precise, controlled and done with accurate and impressive perspective."

THE CANADIAN PRESS

IN BRIEF

Nunavut calls inquest into 3-month-old baby's death

Nunavut has called an inquest into the murky circumstances surrounding the death of a three-month-old boy in a remote Arctic community. Although it was ultimately determined Makibi Timilak died of sudden infant death syndrome, the review found that nurses and health officials failed to follow procedures the night the baby died. THE CANADIAN PRESS

Canada-EU trade deal still under revision: Official

Canada is working with the European Union to revise controversial investor protection provisions in their landmark free trade deal at the direction of the new Liberal government. But Canada's chief negotiator Steve Verhuel said Tuesday the ongoing work with the EU does not mean the pact has been reopened to negotiation.

THE CANADIAN PRESS

Co-operation the only way up north

METRO'S ARCTIC ADVENTURE

Braeden Jones
Metro | Winnipeg

Less than a decade ago, the Polar Continental Shelf Program (PCSP) compound northwest of Resolute on Cornwallis Island, Nunavut, could support about 62 people. Today, it can handle as many as 240.

"We've expanded four-fold in a very, very short time," said acting PCSP chief of arctic logistics Tim McCagherty.

Rapid expansion came thanks to co-operation integral to all operations in the high Arctic.

"If you're not all working together, nothing happens," McCagherty said. "Nobody stands alone in the Arctic."

In this case, the co-operation is between the PCSP — backed by Natural Resources Canada, Environment Canada and the Department of Fisheries and Oceans — and the Canadian Forces Arctic Training Centre via the Department of National Defence.

In 2007, the Canadian Armed Forces (CAF) received "the Canada First Defence strategy," which mandated an increase in CAF Arctic presence and sovereignty defence.

"When (that) came up… the military turned around and said, 'Okay, we've got to do an assessment of where we should place (a base of operations) and what should this facility do,'" said Lt. Col. Luc St. Denis.

The PCSP was established — albeit smaller — conveniently in the middle of the Canadian Arctic and has one of the longest runways this far north, bar few, allowing for the kind of air projection vital to responding to sovereign threats almost anywhere north of Churchill.

A planned expansion to the PCSP compound around 2009 allowed St. Denis an opportunity to propose the partnership, when he had his mandate and a $60-million budget to achieve his goals.

LOGISTICS

Today, the PCSP functions as a logistics provider. Originally founded in 1958, it was a base of operations for scientific research in the Canadian Arctic.

Now it provides support to more than 140 camps from the Resolute base and has operated in more than 2,000 locations in the Canadian Arctic, touching every island there is. METRO

Lt. Col. Luc St. Denis talks to troops Sunday near Resolute, Nunavut. BRAEDEN JONES/METRO

A screenshot of the opening scene of U.S. presidential candidate Marco Rubio's new campaign ad, Morning Again, which mistakenly uses stock footage of Vancouver but identifies it as America. YOUTUBE

Presidential campaign ad misses the landmark

POLITICS

Footage of Vancouver used in video celebrating U.S.

Thandi Fletcher
Metro | Vancouver

Vancouver has found itself unwittingly thrust into the U.S. presidential race after a new campaign ad for Republican candidate Marco Rubio mistakenly featured footage of the Canadian city's downtown skyline.

The ad, which was released over the weekend, opens with a scenic sunrise shot of a tugboat with a city in the background as a narrator says, "It's morning again in America" — a reference to Ronald Reagan's 1984 campaign slogan that used the same line.

The only problem? The city in the background isn't in America.

It's unmistakably Vancouver's iconic downtown skyline, seen across the Burrard Inlet.

The city's Harbour Centre is clearly visible in the shot, as are the cranes at Port Metro Vancouver. A small Canadian flag can even be seen flying on the back of the tugboat.

Rubio's campaign manager reportedly told Buzzfeed, which first reported on the footage, that the use of the clip was a mistake.

It appears the footage originated from Shutterstock and was shot by Vancouver-based videographer Guy Chevasse.

Another video from Chevasse that appears to be shot on the same day shows another unmistakable Vancouver landmark — the five white sails atop Canada Place.

This isn't the first time Vancouver has been mistakenly identified as another city.

In December 2013, a real estate brochure for condo buildings in the Chinese coastal city of Weihai tried to pass itself off as Vancouver using a photo of False Creek looking toward Burrard Bridge.

Florida Sen. Marco Rubio SPENCER PLATT/GETTY IMAGES

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INDIGENOUS AFFAIRS

Missing, murdered victims have ripple effect: Minister

The issue of violence against indigenous women goes beyond the ranks of murdered and missing, Canada's indigenous affairs minister said Tuesday as she explained her claim that the tally of victims is far higher than believed.

Carolyn Bennett made headlines earlier this week when she said the number of missing and murdered indigenous women in Canada is likely much higher than the 1,200 total put forward in reports by the RCMP.

After Tuesday's cabinet meeting, she was at pains to explain herself.

A mere roster of victims ignores the family members who have been touched by tragedy, and fails to capture the extent to which the phenomenon has affected an entire culture, Bennett said.

"I think what we're saying is that the issue that has been described as missing and murdered indigenous women is a tragedy much greater than that."

Bennett insisted she has no data to indicate the score of the problem, but said ministers have heard enough anecdotal evidence to believe the depth and breadth of the tragedy is greater than initial reports have suggested.

Bennett has vowed the inquiry will take place at arm's length from the government once it is up and running, hopefully by this summer. THE CANADIAN PRESS

These young refugees aren't afraid to dream big

MIDDLE EAST

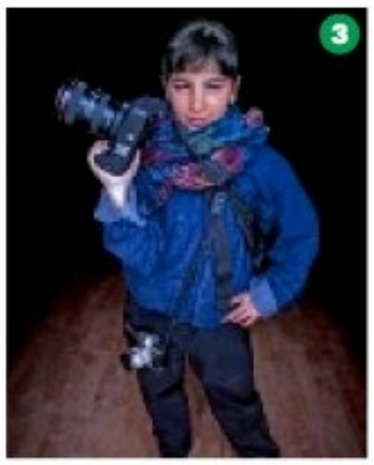
Girls fleeing Syrian war share hopes for the future

For the adolescent girls who've fled war in Syria for life in Jordan's refugee camps, the future can seem as uncertain as the past.

And yet, they have reasons to dream like anyone else. That's the message of the Vision not Victim campaign by the International Rescue Committee. Photographer Meredith Hutchinson invited the girls of the camps to map out their professional futures, meet female mentors and realize their potential.

The girls then designed their own photo, where they posed as their future self.

TORSTAR NEWS SERVICE



1 Rama (Age 13): Future doctor. "Walking down the street as a young girl in Syria or Jordan, I encountered many people suffering — sick or injured — and I always wanted to have the power and skills to help them. Now, as a great physician in my community, I have that ability.

Easing someone's pain is the most rewarding aspect of my job. To be able to give them relief and make them smile — this is what I love most."

2 Fatima (Age 16): Future architect. "I've always wanted to be an architect. Yet, when I was young people told me that this is not something a woman could achieve, and they encouraged me to pursue a more 'feminine' profession. But I dreamt constantly of making beautiful homes for families, and designing buildings that bring people joy.

Now that I've reached my vision, I hope I am a model for other girls, showing them that you should never give up on your dream — no matter what others say."

3 Muntaha (Age 12): Future photographer. "Since I was a young girl, I loved taking people's photographs. I loved going to different events and documenting what was happening — both the good and bad. Now, as a professional photographer, I use my images to inspire hope in others — to encourage love and understanding."

4 Amani (Age 10): Future pilot. "Even before I had ever been on a plane, I knew I wanted to be a pilot. When I was younger, my brother always told me that a girl can't be a pilot, but I knew deep down this is what I wanted to do.

I finished my studies and found a way to get to flight school. Now, not only do I get to live my dream, but I also get to help people travel, to see the world, and discover new places."

REFUGEE CRISIS

Syrian boy posts heartfelt letter to King

A 12-year-old Syrian boy is hoping for an audience with Swedish King Carl XVI Gustaf after describing his family's perilous journey to the Nordic country in a moving letter to the figurehead monarch.

The royal palace confirmed Tuesday that the king had received the letter from Ahmed, whose mother asked that his surname not be published because he's a minor. The family is still waiting to hear whether it will be granted refugee status.

Ahmed wrote that his family lived happily in Aleppo, Syria, "until the war started with the sound of missiles, shooting and terror."

He described their escape to Greece in a "rubber boat" amid the cries of children and how his "heart was crushed" when he saw the tears of his mother.

"I wanted to talk about my journey from Syria to Sweden," Ahmed told The Associated Press. "And I wanted to talk to him about Swedish people. I like the Swedish people very much."

Ahmed wrote the letter in Arabic. Pooja Sharafi, a 29-year-old counsellor at the school in Malmo where Ahmed is enrolled, helped him get it translated into Swedish.

Ahmed mails an emotional message to King Carl XVI Gustaf. THE ASSOCIATED PRESS

"I was very moved when I read it," said Sharafi, whose parents fled to Sweden as refugees from Iran. He also posted the letter on Facebook.

Royal palace spokesman Daniel Urso said the king replied on Feb. 11 but declined to disclose the details, saying it was a "private matter."

However, Ahmed, his mother and Sharafi said none of them had seen a reply.

THE ASSOCIATED PRESS

DIPLOMACY

Veteran diplomat and UN chief dies at 93

Boutros Boutros-Ghali, a veteran Egyptian diplomat who helped negotiate his country's landmark peace deal with Israel but then clashed with the United States when he served one term as UN secretary-general, died. He was 93.

THE ASSOCIATED PRESS

WORLD HEALTH ORGANIZATION

Modified bugs pitched in virus fight

The World Health Organization says it may be necessary to use controversial methods like genetically modified mosquitoes to wipe out the insects that are spreading the Zika virus across the Americas.

The virus has been linked to a spike in babies born with abnormally small heads, or microcephaly, in Brazil and French Polynesia.

The United Nations health agency has declared Zika a global emergency, even though there is no definitive proof it is causing the birth defects.

WHO said its advisory group has recommended further field trials of genetically modified mosquitoes, which have previously been tested in small trials in countries including the Cayman Islands and Malaysia.

"Given the magnitude of the Zika crisis, WHO encourages affected countries ... to boost the use of both old and new approaches to mosquito control as the most immediate line of defence," WHO said in a statement.

THE ASSOCIATED PRESS

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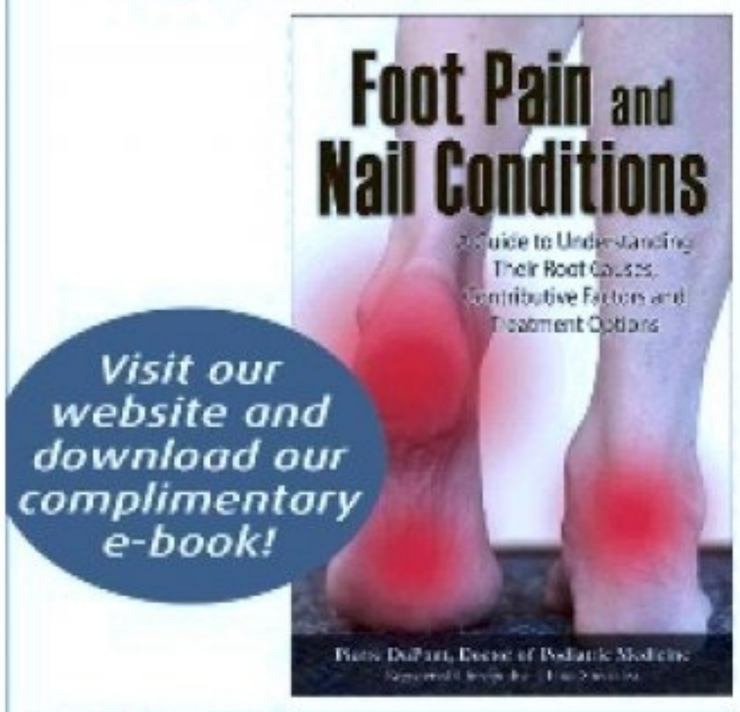
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Embracing a new vacation model

EMPLOYEE MANAGEMENT

Unlimited paid holidays the 'right' thing for workers: CEO

Just weeks after a Vancouver company introduced unlimited paid vacation in January, some employees are already off on holidays in Thailand.

"These are high-quality people, who will come back more refreshed, better than ever," said Jeff Booth, chief executive officer of BuildDirect, an online home-improvement marketplace that sells everything from flooring to kitchens.

"We feel it's the right thing for our employees. Instead of measuring hours, we measure output," said Booth, who says he took seven weeks of vacation last year including a three-week trip to Vietnam.

"If my best person came to me and said, 'I really need this time, a paid vacation.' Would I give it to them? I would," he said, adding he would grant such vacation to others.

The policy now means all 300 employees have access to unlimited paid vacation, including staff in the warehouse. There are still rules — including limiting it generally to no more than four consecutive weeks, as many times over the course of the year — though a manager could give the sign-off on longer periods.

Miovision, a Waterloo-based traffic management company, also brought in the new unlimited paid vacation policy last month, part of a policy to emphasize trust, but also formalizing what had essentially been an unwritten rule.

"The idea is take as much vacation time as you need, but we're all here to build the future," said Miovision's CEO Kurtis McBride.

The idea hasn't worked at some companies including crowdfunding website Kickstarter, which reverted back to fixed vacation days last fall.

Julian Barling, Borden chair of leadership at Smith School of Business, noted that the traditional model of limiting vacation days was built on fear that people would escape the workplace.

"In the workplaces of the current era, we are trying to construct workplaces that are very different, where autonomy is very important," he said. "It does not mean doing everything and anything they want."

TORSTAR NEWS SERVICE

"We just decided we didn't need to babysit the staff. They are quite capable of deciding how much time they need, while still getting ... work done. Kurtis McBride

Some employers are shifting to open-ended vacation policies, saying they trust their employees. Miovision, a Waterloo-based company, has extended the policy to all 300 of its employees. ISTOCK

TECH SECTOR

Feds studying report to boost startups

The federal government is closely studying recommendations on how to help Canadian tech startups grow into global success stories — transformations that could eventually provide a boost for the ailing economy.

The findings of a recent report are under analysis by the Liberal government, which has also been told internally that building small and medium tech firms into billion-dollar players remains a key challenge.

The review comes amid debate on how best to revive the economy, which is struggling with low commodity prices.

The study, commissioned by the federal and Ontario governments, outlines possible strategies to help budding entrepreneurs become high-growth operations.

6

The report lists **six priority areas** Canada must focus on to boost the tech sector.

The analysis of the findings comes as the Liberals prepare their first budget, expected late next month. Some anticipate the fiscal blueprint to include measures to boost the tech and startup sectors.

To get there, it explored six "priority areas" for Canada. These include focusing on identifying high-potential companies, improving accountability by demanding better reporting and more data transparency from startup assistance groups, attracting more large corporations to participate in the success of Canadian incubators and accelerators, boost the quality of mentor programs, expose startups to international markets, and explore models to increase the role of investors.

"Canada's continued underperformance on the creation of high-growth firms, and limited transactional activity within its startup community, speaks to real weaknesses in the entrepreneurial support ecosystem," said the report, commissioned under the previous Conservative government. THE CANADIAN PRESS

IN BRIEF

Global economy shaky; no bailout on the way

Eight years after the financial crisis, the world is coming to grips with an unpleasant realization: Serious weaknesses still plague the global economy, and emergency help may not be on the way.

Stock prices are sinking, inflation is flat, while commercial banks are again a source of concern, especially in Europe. THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Wednesday, February 17, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

I have a fairly large family spread around the world. We use Skype and FaceTime a lot. It really bothers me when someone sticks a camera in my face and forces me to have a conversation. How do I stop that without being rude?

Imagine if there was a way for us to see our loved ones when they're far away...
Oooh. That would be the most wonderful thing!
©Ani Castillo

Dear Ellen,

I have a fairly large family spread around the world, so we find ourselves using Skype and FaceTime a lot. It really bothers me when I'm minding my own business and someone just sticks a camera in front of me and forces me to have a conversation with that person. It happens over the phone too, but that can be avoided by making signals.

Is there a way to stop that without being rude?

Andrés, Toronto

Dear Andrés,

As part of a large family spread out across Canada, I know this problem well and can speak to it from both sides. I've been the person trying to eat dinner when a laptop is suddenly inserted between me and my mashed potatoes. And though certain relatives of mine might resemble a mound of lumpy, whitish starch covered in grease, I much prefer the edible variety on my plate.

So, whilst my lovely tubers grow cold (and as every potato-lover knows, they can never be reheated to their first, fresh glory), I make small talk with faraway people who are starting to look seasick from being passed around the table like a dish no one really wants, but which everyone feels obliged to sample for fear of offending the cook.

I've also been the seasick face on the screen, shuttled between siblings who love me dearly but already know I'm fine and are too busy yelling at their children to give my latest theory about the weather the attention I think it deserves. Their solution is to pass me on to the kids — who, I'm proud to report, are assiduously polite. I daresay, if I weren't a student of etiquette, even I'd be fooled by the skill with which they cut short my questions about their dreams and hopes for the future and insist on sharing their beloved aunt with the younger ones.

As with many matters of etiquette, my answer to your question must start with 'It depends.'

Alas, the whole staying-connected-via-the-Internet experiment really falls apart when you involve the under-five set. I hate to be critical but if I wanted to watch a fast-motion, shaky-cam montage of the ceilings, walls and floors of several rooms, I could easily do that at home. Nor do these violently exuberant toddlers know how to gracefully say goodbye. The last time I attended a family event via Skype, I was left face-down on a staircase screaming "Hello? Hello? I'm here! Is anyone there?" It felt like a giant, depressing metaphor for my life. Then again, attending family events in person often ends with the same sensation, so perhaps I can't blame everything on video chats.

As with many matters of etiquette, Andrés, my answer to your question must start with "It depends." If you are comfortable discussing the issue with family members, you might find you're not alone in feeling unpleasantly ambushed by computer screens at the table. You could discuss planning ahead, setting a firm time to talk when you're prepared, your mouth isn't full, and — if you're at all vain — you've had time to fix your hair and powder your nose for the camera.

If your family isn't open to your concerns, or they're terrible at planning, you have several choices:

1) Take the initiative and be the first to get the video call going. This gives you full control of when the conversation happens and puts you on the business end of shoving laptops into faces. As de facto moderator, you can also humbly cut your own time short in consideration of others.

2) Discreetly disconnect the modem or, even better, leave it lying facedown on a distant staircase or under a pile of coats. If there are toddlers on-site, this can easily be accomplished without raising suspicion — though I hasten to add it would be very bad manners to allow any small, innocent person to be punished for your actions.

3) Bite the bullet, take the long view and submit. It's annoying but it's only a few minutes of your life and it could mean an awful lot to the person at the other end. And, of course, don't talk with your mouth full.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

What's anti-feminist is pitting women against each other

You can't swing a media brand without hearing about the great rupture in American feminism, a split deeper than DD cleavage, a cat fight extraordinaire, mano-a-mano — or, since the Spanish word for "hand" sounds so much like "man," mujer vs. mujer.

The schism first appeared a month ago and has reached a media fever pitch: Young women are choosing Bernie Sanders over Hillary Clinton, to their elders' outrage.

Let's begin with the obvious: Not all young women are choosing Sanders (celebrity example: Lena Dunham) and not all older women are choosing Clinton (example: Susan Sarandon). Also: not all women vote Democratic.

Still, the debate is real enough that pro-Clinton former U.S. secretary of state Madeleine Albright got all evangelical last week, warning of "a special place in hell for women who don't help each other" — an absurdly ill-fitting threat, since Sanders supporters aren't the most religious.

She probably meant to say "a special place in the Clintons' bad books." But all this Shakespearean-level gender drama presented by the media is overrated.

First: The debate feels pretty white. Despite notable supporters, including rapper Killer Mike and a former NAACP chair, polls show black and Hispanic voters skew heavily Clinton. And since I couldn't find a single poll detailing how black or Hispanic women are voting by age, I guess no one's that curious about where race plays into this feminist end-of-unity.

Second: The debate is partly misdiagnosed. Yes, young women are feeling the Bern, but so are all young people. It's not a problem with feminism, it's a problem with the generations at large. Young voters are concerned with poverty, income inequality and the dismantling of establishment power — all things Sanders has championed. Older women (and the media) are misreading this as indifference to gender politics — even, bizarrely, Gloria Steinem. As an early champion of viewing oppression beyond the gender lens and into class and race, I would have expected her to understand.

Lastly: Both candidates would probably be OK for women. They both support abortion rights, same-sex marriage, expanding Obamacare and raising the minimum wage.

The anti-climactic truth is neither choice is anti-feminist. What's anti-feminist is pitting women against each other, as if there were only one right way to be. It's also an underwhelming tactic to garner votes. Case in point: Fire-and-brimstone Albright has since apologized for telling other women to go to hell.

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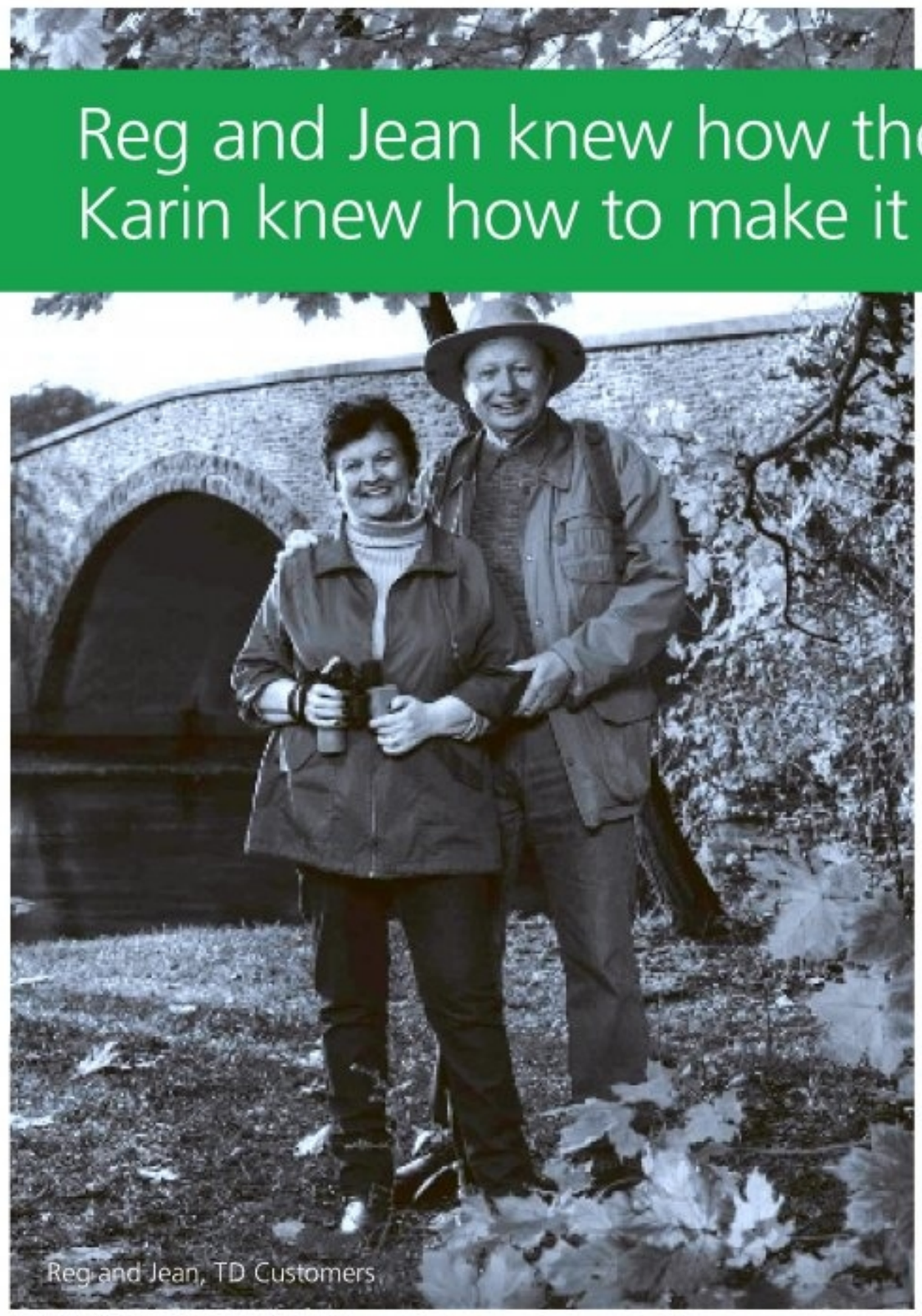

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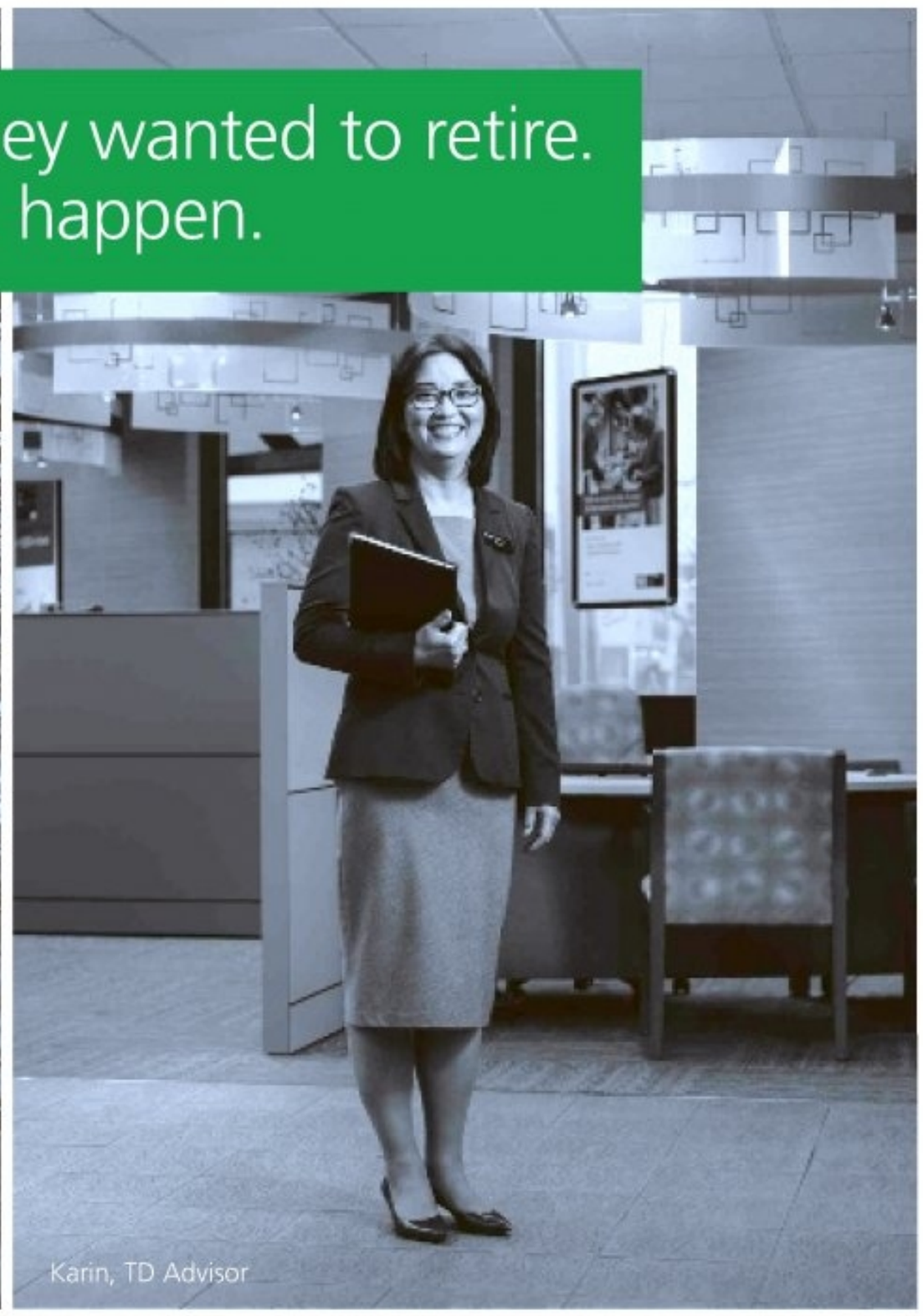

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Is it too late to start saving?

NEST EGG

Building a retirement fund beyond middle-age

Michelle Williams

You're nearly past your best earning years and your savings are negligible. Maybe it's because you've been raising your kids, paying down your mortgage and managing credit-card debt. Is it too late to start saving for retirement?

You may regret not starting earlier, but it's never too late to save.

"If you're not 71 years of age or older and if your taxable income is considerably higher now that it will be in retirement, then you still have time to be making RSP contributions," says Alan Cameron, investment advisor with Investment Planning Counsel. "The reasons are no different when you're middle-aged and beyond than when you're younger — you'll get a tax deferral now and pay less tax when you pull it out, assuming you'll be earning less."

The big difference is that there's less opportunity for your money to grow, as it won't be in your RSP as long and won't benefit from decades of compounding interest.

It's never too late to start saving for your retirement. ISTOCK

Time to get serious

"Often, we see people who haven't saved much in the past start to panic around age 50," says Jason Pereira, senior financial consultant with Woodgate Financial Inc. and Investment Planning Counsel. "It's unfortunate that people find themselves in this situation, but whether you've left it late or not, at some point you have to get serious about retirement savings or you may not retire in a lifestyle you'll be comfortable with."

According to Pereira, the question to ask yourself about your retirement savings is: Can you sustain the lifestyle you're accustomed to when you're no longer working? If the answer is no, now is definitely the time to get serious about your retirement savings.

You may also have to examine why you haven't been saving until now.

"If you're dealing with credit-card debt or refinancing your home, you're living beyond your means," says Pereira. "When you're spending more than you make when you're working, how can you ever expect a positive result when you're retired?" Those who don't save enough may either have to push back their retirement, change their current lifestyle or prepare for a very different standard of living in the future.

Changing the focus

The challenge isn't always overspending.

"Some investors choose to put all their money into paying off their mortgage. The focus is to pay off debt rather than to build equity," says Pereira. "When people don't invest in savings, they're ignoring a vital part of their future and think they can catch up later, but because you miss out on compounding interest, the longer you wait, the more money you'll need."

While RSPs are an excellent savings tool, their tax benefits may not be for everyone.

"If your earnings are lower, say $45,000 or less, you would want to be looking at tax-free savings accounts (TFSAs). Also, RSPs may not be the answer if your post-retirement income is too close to your pre-retirement income or you're always in the lowest tax bracket," Cameron suggests.

For those nearing retirement, it's more important than ever to get good advice.

"You may have to adjust your goals, make lifestyle changes and start ramping up your savings," says Cameron. "A financial advisor can help you with this, showing you the best ways to make smart choices to help you reach your goals before you retire."

He recommends taking a sober assessment of where you stand every year, and more often as you near retirement. Your retired self will thank you.

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Your essential daily news

Parenting 'rewires' a couple's immune systems, European researchers say

Leaves kale green with envy

Sure, kale is packed with nutrients, but so are a dozen or so greens sitting largely ignored on the same grocery shelf. Give these less popular leafy greens a try for your next dinner **TORSTAR NEWS SERVICE**

RAPINI

A cousin of broccoli, rapini is popular in Italian cooking where it's sautéed with lots of olive oil, garlic and chili flakes (and maybe sprinkled with some parmesan on top). People are often put off by its bitterness, but blanching it for a minute in salted boiling water before adding them to a hot pan helps bring out its sweetness and soften the woody stems. Serve the sautéed rapini as is for a side, toss it in penne with crumbled sausage or add it to an Italian meatball soup. **Bitterness rating: 4/5**

DANDELION

It's probably best to buy dandelion from the supermarket rather than pulling the ones from your backyard that have been getting a daily watering from the neighbourhood pets. Fiercely bitter, dandelion is best served in salads with an acidic dressing such as lemon juice and olive oil that will mellow out its harshness. Add thinly sliced oranges, grapefruit and fennel to further add an acidic sweetness to the bowl. **Bitterness rating: 5/5**

CHARD

This gorgeous leafy green has stems and veins that come in a rainbow of colours, from pale green to beet red to sunset yellow. Like kale, its stems are quite woody in texture, but don't throw away the part that's going to give your dish a pop of colour (and belly-satisfying fibre). Simply separate the stems from the leaves, chop the stems into smaller pieces and give them a head start in the sauté pan before adding the leaves. A pinch of salt and a clove of garlic will help to get rid of its bitter taste. **Bitterness rating: 3/5**

BOK CHOY

A staple in Chinese cooking, bok choy is characterized by its round leaves forming a bulblike shape at the bottom. Though its leaves may not be as dark as kale, bok choy is actually a nutritional powerhouse with high amounts of vitamins A and C as well as calcium. Do as the Chinese do and sauté bok choy with garlic in a bit of vegetable oil or add it to a bowl of noodle soup, dumplings or wontons. **Bitterness rating: 2/5**

WATERCRESS

As its name suggests, watercress thrives in wet environments and gives off a sweet, slightly peppery crunch. Give the leaves an extra good rinse to get rid of any sand or dirt before using it as a base for salads or a more flavourful alternative to spinach in sandwiches (and not just cucumber finger sandwiches at afternoon tea). Watercress also adds flavour to pork bone soups and is a staple in Chinese hot pot. For nutrition, watercress rivals kale with high amounts of vitamins K, C, A and B6. **Bitterness rating: 1/5**

COLLARDS

Celiac sufferers (and those still on the gluten-free bandwagon) should turn to collards when making wraps and rolls in lieu of tortillas and wheat-based wrappers. The leaves are large, flat and round, making it much easier to handle as a substitute for burger buns than kale. In the American south, collards are traditionally cooked with onions, pepper, garlic and bacon (a dish with roots dating back to the slave trade). In East African nations such as Kenya and Tanzania, collards, or sakuma wiki, have been eaten for centuries and are sautéed in oil with onions and salt to go with meat or ugali, a cornmeal mash. **Bitterness rating: 2/5**

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TV BRIEFS

Mamie Gummer stars in post-war fashion drama

Shooting has begun for a new drama The Collection, set in Paris after the Second World War about a family of fashion designers trying to bring haute fashion back into mode.

The eight-part family saga stars Richard Coyle, Tom Riley, Frances de la Tour and Mamie Gummer, the daughter of Meryl Streep.

Other stars include Jenna Thiam, Max Deacon, Irène Jacob, James Cosmo, Alix Poisson, Sarah Parish, Michael Kitchen, Michelle Gomez, Stanley Townsend, Allan Corduner, Alexandre Brasseur, Bethan-Mary James, Patrick Kennedy and Poppy Corby-Tuech. The series is the vision of Oliver Goldstick, whose credits include Desperate Housewives, Ugly Betty, and Pretty Little Liars. The project marks the first Franco-British co-production between BBC Worldwide, France 3 and Amazon Prime Video and Lookout Point. AFP

Mamie Gummer. CONTRIBUTED

JOHANNA SCHNELLER WHAT I'M WATCHING

Rock 'n' roll but what's the point?

THE SHOW: Vinyl, Season 1, Episode 5 (HBO)
THE MOMENT: The Dance

New York City, 1973. Record mogul Richie Finestra (Bobby Cannavale, terrific) watches his wife Devon (Olivia Wilde) dancing sexily with Hannibal (Daniel J. Watts), a singer his label is wooing.

They've been partying, snorting coke.

The music is hot, the mood woozy.

At first Richie is into it. Until the dance becomes outright foreplay.

Hannibal nuzzles Devon's neck, runs his hands down her red dress. He looks at Richie: How far will he let this go?

"You want a bump?" Richie asks, holding up the coke.

"I got a bump," Hannibal says, grinding his crotch into Devon's ass.

"Why, yes you do, sir," she coos.

"Right," Richie says, standing up. "We gotta run."

He grabs Hannibal's cheeks. "You are a f—ing... god," he says.

But they all know what he means by that.

Martin Scorsese, Mick Jagger and Terrence Winter (who ran Boardwalk Empire) created this series, so you can be sure that the milieu is fascinating (decaying New York; the clash of punk, rock and disco) and the mise en scene impeccable ('70s moustaches, subway graffiti).

There are orgies, egos, and all sorts of icons wandering through: Bowie, Warhol, Nico. Immersive performances make us feel the power of music.

But five episodes in, I've yet to see what this show is actually about — in the way that Treme was about righteous anger and Boardwalk Empire was about American corruption.

The scene above is the first one that felt truly dangerous to me.

As titillating as sex, drugs and rock 'n' roll are, I want something deeper.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

The heady lives of a record mogul (Bobby Cannavale) and his wife (Olivia Wilde) are captured in the series Vinyl, without offering a deeper commentary on the lifestyle. CONTRIBUTED

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Snacks

Sushi sounds like a super healthy meal with rice, fish and veggies but some rolls will send you off the deep end nutritionally.

PICK THIS

Salmon Avocado Roll

Portion Roll (nine pieces)
Calories 320
Fat 4 g
Sodium 470 mg

SKIP THIS

Spicy Tuna Roll

Portion Roll (nine pieces)
Calories 670
Fat 18 g
Sodium 830 mg

HERE'S WHY

Equivalent to as much sodium and more calories as two Original Recipe Chicken Thighs from KFC.

The tuna is incredibly healthy but once mixed with the spicy sauce and mayonnaise-based wasabi aioli (which give the Spicy Tuna Roll its name and kick), it sinks the sushi when it comes to calories, fat and sodium. The addition of this fatty sauce adds almost double the sodium and calories, and 4.5 times the fat. That's without adding any soy sauce, which triples the sodium. Stick to a sauce-free roll – the Salmon Avocado Roll gives you all the good stuff. Try to pick a low-sodium soy sauce and use sparingly.

PUBLISHING

Designer Zac Posen pens new cookbook

Fashion designer Zac Posen has announced plans to turn a hobby he uses to "de-fashion" into a full-fledged cookbook.

Fans and Instagram followers of the New York-based designer may already have seen the news coming.

In between snaps of his latest collection, glimpses of his work studio, and his fabulous celebrity friends, Posen has also been posting photos of the meals he whips up at home.

Meals such as soba noodle soup with mini chicken quenelle (or dumpling) and asparagus; fried calamari; Kenchinjiru Buddhist vegetable soup; risotto with peas and porcini mushrooms; and strawberry rhubarb pie.

Recently, Posen officially announced plans to publish a collection of his recipes with Rodale on Instagram. "Thank you to my @instagram followers for your continuous excitement," he wrote alongside a snap of a meringue pie topped with edible flowers.

"You made this happen."

In an interview with Vogue, Posen credited his Instagram fans for planting the seed for the idea.

"If it had not been for the response from the followers on social media, I never would have taken the plunge and put a cookbook together," he said.

Posen also called cooking a hobby that allows him to "de-fashion" and described his culinary style as "rustic to refined."

If the meals on his Instagram account are anything to go by, fans can expect Asian — notably Japanese — influenced recipes, Italian dishes as well as French techniques, no doubt influenced by his French partner Christopher Niquet.

When he wasn't dreaming up ladies' fashions in his younger years, Posen says he was reading recipes in The New York Times, The Martha Stewart Living Cookbook, the French instructional guide La Varenne Pratique or watching the Discovery Channel's Great Chefs program.

The Zac Posen cookbook is scheduled to be released in the fall of 2017. AFP

DRINK PICK

Try a fresh white wine from Nova Scotia

You may be surprised to learn that some of the most interesting booze made in Canada is coming from Nova Scotia.

With a modern history well into its third decade, the province's wine industry has experienced rapid growth this decade with over a dozen wineries pressing juice from locally grown grapes.

Jost Vineyards was there at the beginning. The Jost family sold its holdings to Atlantic Canadian entrepreneur Carl Sparkes in 2012 and he has been leading the new wave of Nova Scotian wines ever since.

Nova Scotian winemakers do fresh, aromatic whites very well, with off-dry, lightly effervescent versions like Jost's 2014 Selkie Frizzante ($19.95) a casual-drinking tour de force. Try it on its own, with a charcuterie platter, or your favourite seafood recipe.

PETER ROCKWELL/METRO

metro DRIVE

Your essential daily news

Raptors coach Dwane Casey opened the Canadian International AutoShow last weekend

Sentra gets a whole new look this year

ROAD TESTED

REVIEW

Nissan does a great job with this fine tune

Jil McIntosh
For Metro Canada

In the brutally competitive automotive world, vehicles have to stay fresh. That's why, only three years after Nissan introduced an all-new Sentra compact sedan, it's now giving it a styling makeover for 2016.

The engine doesn't change, although the automatic continuously-variable transmission (CVT) is tweaked for better performance.

The big difference is in the exterior styling, and the Sentra gets an entirely new look from the windshield forward.

It looks a lot like a smaller-scale Nissan Altima, with its chrome-accented grille and boomerang-shaped headlamps.

Pricing starts at $15,898 for a base model (although it's $18,998 to get one with air conditioning), while the mid-range SV trim with CVT, which Nissan says is the best-selling model, is $19,998.

The Sentra uses a 1.8-litre four-cylinder engine that works well in most driving conditions, although you'll probably wish for a bit more power on hard acceleration, such as highway passing.

But while CVTs can often be noisy and feel rubbery when mated to lower-horsepower engines, Nissan has done a great job fine-tuning this one. Its performance is barely noticeable, and that's a compliment.

Other changes include improvements to the steering, which is stiffer and which makes for more comfortable driving on the highway.

The ride is bigger-car comfortable, and extra attention paid to sound-deadening makes for an extremely quiet cabin.

> **It looks a lot like a smaller-scale Nissan Altima, with its chrome-accented grille and boomerang-shaped headlamps.**

There are few styling changes to the interior, other than a new steering wheel and a slightly different centre stack and console.

There are some new features, though, including an available six-way power driver's seat, and in the upper trim levels, electronic safety technologies such as blind spot monitoring, cross-traffic alert, emergency braking, and adaptive cruise control that automatically adjusts its speed to traffic ahead.

These positive changes shake up the Sentra, but not the segment. It's competitive but still not a heads-above standout as far as the driving experience goes.

That said, it's well-priced compared to other compact sedans with similar features, and it's definitely worthy of a second look when you're in the market for something new.

THE CHECKLIST | NISSAN SENTRA 2016

THE BASICS

Type. Four-door, five-passenger compact sedan
Engine. (hp/torque). 1.8-litre four-cylinder (130/128)
Transmissions. Six-speed manual or CVT
Price. $15,898 - $25,998 (plus destination)

COOL FEATURES

- Apple Siri
- Driver's auto up/down window
- Easy-Fill tire pressure system
- Available leather seats
- Rearview camera
- Auto-dimming interior mirror
- Satellite radio

MAIN AND INTERIOR PHOTOS: JIL MCINTOSH/FOR METRO; OTHERS HANDOUT

POINTS

- Canadians buy more sunroof-equipped models than any other country, so Nissan has added one as an option to the mid-level SV.
- An available suite of apps lets you call for assistance, remotely lock or unlock the vehicle, and set boundaries for younger drivers from your phone.

MARKET POSITION

- Compacts make up the largest share of car sales in Canada, but Nissan has seldom been able to get close to leaders like Honda and Toyota. Freshening up this sedan should gain it a little more attention

THE COMPETITION

Honda Civic
Base price: $15,990

Toyota Corolla
Base price: $15,995

Volkswagen Jetta
Base price: $15,995

SAFETY

Volvo declares war on traffic accident fatalities

Lex Kerssemakers, the head of Volvo's operations in the United States, said that the only acceptable number of road traffic deaths is "zero." Addressing the crowds on the opening day of the Chicago Auto Show, Kerssemakers outlined Volvo's ambitious aim — Vision 2020 — the goal of which is to ensure no one travelling in a new Volvo is killed or injured in a crash by the end of the decade.

"It is unacceptable that more than 1.2 million people are killed in traffic annually," Kerssemakers said.

> **Zero is the only acceptable number for us to work toward.**
>
> Lex Kerssemakers, Volvo, on the company's goals for Vision 2020

"Here in the U.S., the figure is approximately 33,000 people. Zero is the only acceptable number for us to work toward."

Volvo built its reputation on safety and has been one of the early leaders in the development of semi-autonomous driving systems.

The company sees these technologies as being crucial to reducing and eventually eliminating deaths caused by road traffic accidents.

The S90 sedan, which is being showcased at the Chicago Auto Show, is the first mass-market car to go on sale in the U.S. with a host of semi-autonomous drive features, including highway navigation, as standard.

But that is just the beginning.

"At the end of 2017 we will have the largest and world's first fleet of 100 autonomous vehicles in the hands of real customers," Kerssemakers said, referring to Volvo's multi-year autonomous driving tehnology project — Drive Me — currently underway in Gothenburg, Sweden.

"It will allow real customer feedback to help develop the first AD cars available to a wider audience. It will also assist authorities to understand how legislation, infrastructure planning and other societal elements will need to develop." AFP

IN BRIEF

Ford plans new SUVs, which cross generation gap

Projected demand for rugged off-roaders and crossovers among millennial and boomer drivers means Ford aims to launch four new SUVs over the next four years. Ford's latest research shows that for millennials, the SUV style appeals more than any other and when younger drivers think about starting a family, they start holding the concept of the SUV in much higher esteem. AFP

SHOWTIME SALES EVENT

CANADA'S **#1 SELLING** AUTOMAKER

0%† UP TO 72 MONTHS ON SELECT 2016 MODELS + GET UP TO $11,500 IN TOTAL DISCOUNTS◊

INCLUDES $1,000 SHOWTIME BONUS CASH* | NO PAYMENTS FOR 90 DAYS*

2016 RAM 1500 QUAD CAB SXT 4X4

LEASE FOR $298 MONTHLY‡ @ 2.99% FOR 24 MONTHS WITH $598 DOWN OR CHOOSE 0% FINANCING† FOR 72 MONTHS AND GET LIMITED TIME $1,000 SHOWTIME BONUS CASH OFFER!*

Starting From Price for 2016 Ram 1500 Sport with Performance Hood shown: $42,135.§

2016 JEEP CHEROKEE SPORT FWD

BEST-IN-CLASS CAPABILITY[1]

LEASE FOR $288 MONTHLY‡ @ 1.99% FOR 48 MONTHS WITH $998 DOWN OR CHOOSE 0% LEASING* FOR 24 MONTHS OR FINANCING† FOR 72 MONTHS ON OUR MOST POPULAR MODELS AND GET LIMITED TIME $1,000 SHOWTIME BONUS CASH* ON FINANCE OFFERS!

OR GET 2016 JEEP CHEROKEE NORTH 4X4 OR LIMITED 4X4 AND GET FREE FREIGHT!*

Starting From Price for 2016 Jeep Cherokee Limited shown: $34,540.§

2016 DODGE GRAND CARAVAN CANADA VALUE PACKAGE

CANADA'S BEST-SELLING MINIVAN FOR MORE THAN 31 YEARS

LEASE FOR $238 MONTHLY* @ 2.99% FOR 36 MONTHS WITH $798 DOWN OR CHOOSE 0% FINANCING† FOR 72 MONTHS ON OUR MOST POPULAR MODELS AND GET LIMITED TIME $1,000 SHOWTIME BONUS CASH OFFER!*

STEP UP TO 2016 CHRYSLER TOWN & COUNTRY TOURING WITH TOTAL DISCOUNTS OF UP TO $11,500!◊

Starting From Price for 2016 Dodge Grand Caravan Crew shown: $31,640.§

2016 DODGE JOURNEY CANADA VALUE PACKAGE

CANADA'S FAVOURITE CROSSOVER^

LEASE FOR $250 MONTHLY† @ 3.99% FOR 48 MONTHS WITH $898 DOWN OR CHOOSE 0% FINANCING† FOR 60 MONTHS ON OUR MOST POPULAR MODELS AND GET LIMITED TIME $1,000 SHOWTIME BONUS CASH OFFER!*

Starting From Price for 2016 Dodge Journey Crossroad shown: $32,140.§

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Jeep RAM

Your local retailer may charge additional fees for administration/pre-delivery that can range from $0 to $1,098 and anti-theft/safety products that can range from $0 to $1,298. Charges may vary by retailer.

Wise customers read the fine print: †, ◊, •, ★, ➤, ∞, ❖, ◆, ‡, ^, ∞, ∞, § The It's Showtime Sales Event offers are limited time offers which apply to retail deliveries of selected in-stock new and unused models purchased/leased from participating retailers between February 12 and 29, 2016. Offers subject to change and may be extended or changed without notice. All pricing includes freight ($1,745), air-conditioning charge (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Financing and lease offers available to qualified customers on approved credit. Retailer order/trade may be necessary. Retailer may sell for less. †0% purchase financing for up to 72 months available on select new 2016 models to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: 2016 Ram 1500 Quad Cab SXT 4x4 (25A+AGR)/2016 Jeep Cherokee Sport 4x4 (24A)/2016 Dodge Grand Caravan SXT (29E)/2016 Dodge Journey SXT (29E) with a Purchase Price of $29,368/$27,177/$24,823/$26,350 with a $998/$0/$0/$0 down payment, financed at 0% for 72/72/72/60 months equals 156/156/156/130 bi-weekly payments of $182/$174/$159/$203 with a cost of borrowing of $0 and a total obligation of $29,368/$27,177/$24,823/$26,350. ◊$11,500 in Total Discounts is available on new 2016 Chrysler Town & Country Touring and consists of $9,000 in Consumer Cash Discounts, $1,500 Consumer Cash and $1,000 Showtime Bonus Cash. See your retailer for complete details. •$1,000 Showtime Bonus Cash is available on select new 2015/2016 Chrysler, Dodge, Jeep, Ram and FIAT models purchased at participating Ontario retailers between February 12 and 29, 2016 including the following: 2015/2016 Chrysler 300/300C, 2015/2016 Chrysler Town & Country, 2015/2016 Dodge Charger & Challenger (excluding SRT Hellcat), 2015/2016 Dodge Grand Caravan (excluding CVP/SE Plus), 2015/2016 Dodge Journey (excluding CVP/SE Plus), 2015/2016 Jeep Grand Cherokee, 2015/2016 Jeep Cherokee (excluding Sport 4x2), 2015/2016 Ram 1500 (excluding Regular Cab 4x2 & 4x4) and Ram Heavy Duty. Bonus Cash will be deducted from the negotiated price before taxes. See your retailer for complete details. ★The Make No Financing Payments for 90 Days offer is a limited time offer which applies to retail customers who finance a new 2015/2016 Chrysler, Jeep, Dodge, Ram or FIAT vehicle (excludes 2015/2016 Dodge Viper and Alfa Romeo) at a special fixed rate on approved credit for up to 96 months through Royal Bank of Canada and TD Auto Finance or for up to 90 months through Scotiabank. Monthly/bi-weekly payments will be deferred for 60 days and contracts will be extended accordingly. Interest charges will not accrue during the first 60 days of the contract. After 60 days, interest starts to accrue and the purchaser will repay principal and interest over the term of the contract but not until 90 days after the contract date. Customers will be responsible for any required down payment, licence, registration and insurance costs at time of contract. Some conditions apply. See your retailer for complete details. ➤2.99% lease financing for up to 36 months available through SCI Lease Corp. to qualified customers on applicable new 2016 models at participating retailers. SCI provides all credit approval, funding and leasing services. Retailer order/trade may be necessary. Examples: 2016 Ram 1500 Quad Cab SXT 4x4 (25A)/2016 Dodge Grand Caravan Canada Value Package (29E) with a Purchase Price of $29,770/$20,197 leased at 2.99% for 24/36 months with a $500 security deposit, $598/$798 down payment and first month's payment due at lease inception equals 24/36 monthly payments of $298/$238 with a cost of borrowing of $1,604.86/$1,486.92 (including $60.25 PPSA registration) and a total obligation of $7,818.71/$9,412.57. Kilometre allowance of 16,000/year. Cost of $0.16 per excess kilometre plus applicable taxes at lease termination. See your retailer for complete details. ∞1.99% lease financing for up to 48 months available through SCI Lease Corp. to qualified customers on applicable new 2016 models at participating retailers. SCI provides all credit approval, funding and leasing services. Retailer order/trade may be necessary. Example: 2016 Jeep Cherokee Sport FWD (24A) with a Purchase Price of $25,177 leased at 1.99% for 48 months with a $500 security deposit, $998 down payment and first month's payment due at lease inception equals 48 monthly payments of $288 with a cost of borrowing of $1,507.25 (including $60.25 PPSA registration) and a total obligation of $14,892.70. Kilometre allowance of 18,000/year. Cost of $0.16 per excess kilometre plus applicable taxes at lease termination. See your retailer for complete details. ❖0% lease financing for 24 months available through SCI Lease Corp. to qualified customers on applicable new 2016 models at participating retailers. SCI provides all credit approval, funding and leasing services. Retailer order/trade may be necessary. Example: 2016 Jeep Cherokee Sport FWD (24A) with a Purchase Price of $25,177 leased at 0% for 24 months with a $500 security deposit, $998 down payment and first month's payment due at lease inception equals 24 monthly payments of $366 with a cost of borrowing of $0 and a total obligation of $9,831.25. Kilometre allowance of 18,000/year. Cost of $0.16 per excess kilometre plus applicable taxes at lease termination. See your retailer for complete details. ◆Save the Freight offer applies to specially marked 2016 Jeep Cherokee North 4x4 (26J+ADE+AF6+RC3) and 2016 Jeep Cherokee Limited 4x4 (26G+AFF+AHT+RC3) models only. Offer available at participating Ontario retailers, while quantities last. ‡3.99% lease financing for up to 48 months available through SCI Lease Corp. to qualified customers on applicable new 2016 models at participating retailers. SCI provides all credit approval, funding and leasing services. Retailer order/trade may be necessary. Example: 2016 Dodge Journey Canada Value Package (22F) with a Purchase Price of $19,252 leased at 3.99% for 48 months with a $500 security deposit, $898 down payment and first month's payment due at lease inception equals 48 monthly payments of $250 with a cost of borrowing of $2,296.72 (including $60.25 PPSA registration) and a total obligation of $12,937.57. Kilometre allowance of 18,000/year. Cost of $0.16 per excess kilometre plus applicable taxes at lease termination. See your retailer for complete details. *Consumer Cash/Jeep Cash Discounts are deducted from the negotiated price before taxes. ➢$1,500 Ram Truck Loyalty/Conquest/Skilled Trades Bonus Cash is available on the retail purchase/lease of 2015/2016 Ram 1500 (excludes Regular Cab), 2014/2015/2016 Ram 2500/3500/Cab & Chassis, or 2015 Ram Cargo Van and is deducted from the negotiated price after taxes. Eligible customers include: 1. Current owners/lessees of a Dodge or Ram Pickup Truck or Large Van or any other manufacturer's Pickup Truck or Large Van. The vehicle must have been owned/leased by the eligible customer and registered in their name on or before February 2, 2016. Proof of ownership/lease agreement will be required. 2. Customers who are skilled tradesmen or are acquiring a skilled trade. This includes Licensed Tradesmen, Certified Journeymen or customers who have completed Apprenticeship Certification. A copy of the Trade Licence/Certification required. 3. Customers who are Basumier Approved service providers. Proof of membership is required. Limit one $1,500 bonus cash offer per eligible truck transaction. Some conditions apply. See your retailer for complete details. =Non-prime financing available on select models on approved credit. 4.99%/6.99% financing available on select 2016 models. Financing examples: 2016 Ram 1500 Quad Cab SXT 4x4/2016 Dodge Grand Caravan Canada Value Package with a Purchase Price of $29,368/$20,995 financed at 4.99%/6.99% over 84 months, equals 182 bi-weekly payments of $185/$146 with a cost of borrowing of $5,301/$5,614 and a total finance obligation of $34,669.04/$26,608.53. Some conditions apply. See your retailer for complete details. §Starting From Prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. ¶Based on 2014 Ward's Middle Cross Utility segmentation. ^Based on IHS Automotive: Polk Canadian Vehicles in Operation data available as of July, 2015 for Crossover Segments as defined by FCA Canada Inc. *Jeep is a registered trademark of FCA US LLC used under license by FCA Canada Inc. '"The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

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DODGE CARAVAN KIDS

metro SPORT

"There's no big mystery or anything like that ... find a formula that works, and stick with it": David West on the Spurs' decades-spanning success

Unfinished product

Once again, the Blue Jays are built to slug. The core of the offence that topped baseball with 891 runs last season is back. But if the starters can't deliver, it won't matter how many home runs are hit. Here are some storylines to watch as the Jays get set for spring training:

1 Vacant No. 5

Candidates for the fifth starter's spot include right-hander **Aaron Sanchez**, who began 2015 in the rotation but returned to the bullpen following a mid-season muscle strain; right-hander Jesse Chavez, another former Blue Jay who was acquired from Oakland last November; oft-injured righty Gavin Floyd; and right-hander Drew Hutchison, Toronto's opening-day starter in 2015.

Core questions

2 Jose Bautista and Edwin Encarnacion both have a year remaining before becoming eligible for free agency. New president Mark Shapiro and general manager Ross Atkins have held preliminary talks with Bautista, 35, and Encarnacion, 33, about new deals, and more substantive talks are possible during spring training.

3 Opening at closer's spot

Unflappable rookie Roberto Osuna emerged as Toronto's closer in 2015, saving 20 of 23 chances with a 2.58 ERA. But the January trade that saw reliever **Drew Storen** join the Jays has created competition for the ninth-inning role. In early February, Atkins said Toronto likely will use at least half of spring training, and maybe more, to make a decision.

4 Who's No. 1?

To acquire Storen from Washington, the Blue Jays gave up Ben Revere, who served as Toronto's leadoff hitter in the playoffs. With second baseman **Devon Travis** (left shoulder surgery) set to begin the season on the disabled list, the job could be won by centre-fielder Kevin Pillar, one of several Blue Jays players who arrived early at spring training for extra work.

5 Who's left?

Revere's departure created Toronto's only position battle, with Canadians Michael Saunders and **Dalton Pompey** set to compete for the left-field job. Saunders injured his knee in spring training last year and played just nine games. Pompey, 23, spent much of the season at Triple-A but saw action as a pinch-runner in the post-season, stealing four bases.

THE ASSOCIATED PRESS
PHOTOS BY GETTY IMAGES

UFC

Rousey: I thought of suicide

Ronda Rousey says she had dark thoughts after she lost her bantamweight title to Holly Holm in Australia last year, her first defeat since joining UFC.

"Honestly, my thought in the medical room, I was sitting in the corner and was like, 'What am I anymore if I'm not this?'" Rousey said Tuesday during an appearance on The Ellen DeGeneres Show. "Literally sitting there thinking about killing myself. In that exact second, I'm like: 'I'm nothing. What do I do anymore?'"

Rousey won her first 12 mixed martial arts fights — eight of them in less than a minute — before stepping into the cage against Holm in Melbourne last November. Holm finished her off with a devastating kick to the head.

Rousey told DeGeneres that she wants to be the one to beat Holm, who will make her first title defence against Miesha Tate next month. THE ASSOCIATED PRESS

Ronda Rousey GETTY IMAGES

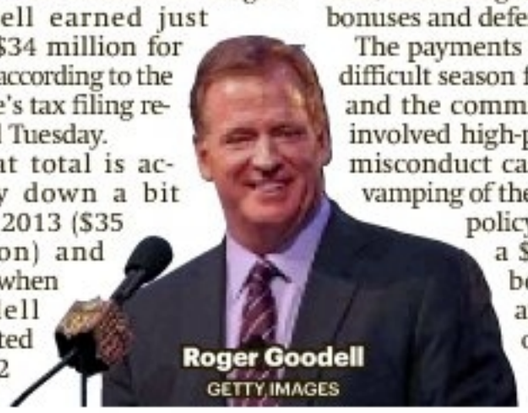
NFL

Commish hauled in $34M in 2014

NFL commissioner Roger Goodell earned just over $34 million for 2014, according to the league's tax filing released Tuesday.

That total is actually down a bit from 2013 ($35 million) and 2012, when Goodell collected $44.2 million, including $9 million in bonuses and deferred pension.

The payments for 2014 — a difficult season for the league and the commissioner that involved high-profile player misconduct cases and a revamping of the NFL conduct policy — included a $26.5-million bonus negotiated the previous year. THE ASSOCIATED PRESS



Roger Goodell GETTY IMAGES

IN BRIEF

Pistons trade for forward Harris in push for playoffs

With a playoff spot within reach this year, the Detroit Pistons made a trade they hope will benefit them both now and in the future.

The Pistons acquired forward Tobias Harris from Orlando on Tuesday in a deal that sent guard Brandon Jennings and forward Ersan Ilyasova to the Magic. The 23-year-old Harris gives Detroit an athletic young player who signed a $64 million, four-year deal last summer. THE ASSOCIATED PRESS

Cowboys' Carr raising cash for his crisis-hit hometown

Dallas Cowboys cornerback Brandon Carr is encouraging athletes to help his hometown of Flint, Mich., amid the city's crisis with lead-tainted water.

The Community Foundation of Greater Flint says Carr is donating $100,000 to create the Carr Cares Fund for Flint. He's also donating $10,000 for the Safe Water Safe Homes Fund to help with replacing pipes and plumbing. THE ASSOCIATED PRESS

CHAMPIONS LEAGUE

PSG takes first leg against Chelsea

Struggling striker Edinson Cavani came off the bench to score the winner as Paris Saint-Germain beat Chelsea 2-1 in a pulsating first leg in the last 16 of the Champions League on Tuesday.

Cavani, who has lost his place in the side in recent weeks, latched onto a pass over Chelsea's stretched defence from winger Angel Di Maria and slotted through the legs of goalkeeper Thibaut Courtois from a narrow angle in the 78th minute.

MONDAY In Paris

PSG	CHELSEA
2	1

Zlatan Ibrahimovic also scored for PSG off a free kick in the 39th minute, only for Chelsea to tie the match before halftime with a rare goal from midfielder John Obi Mikel. THE ASSOCIATED PRESS

RECIPE Slow Cooker Beef Chili

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Can you think of anything better than returning home to a bowl of slow-cooked deliciousness?

Ready in
Prep time: 10 minutes
Total time: 8 hours, 10 minutes
Makes 4 to 6 servings

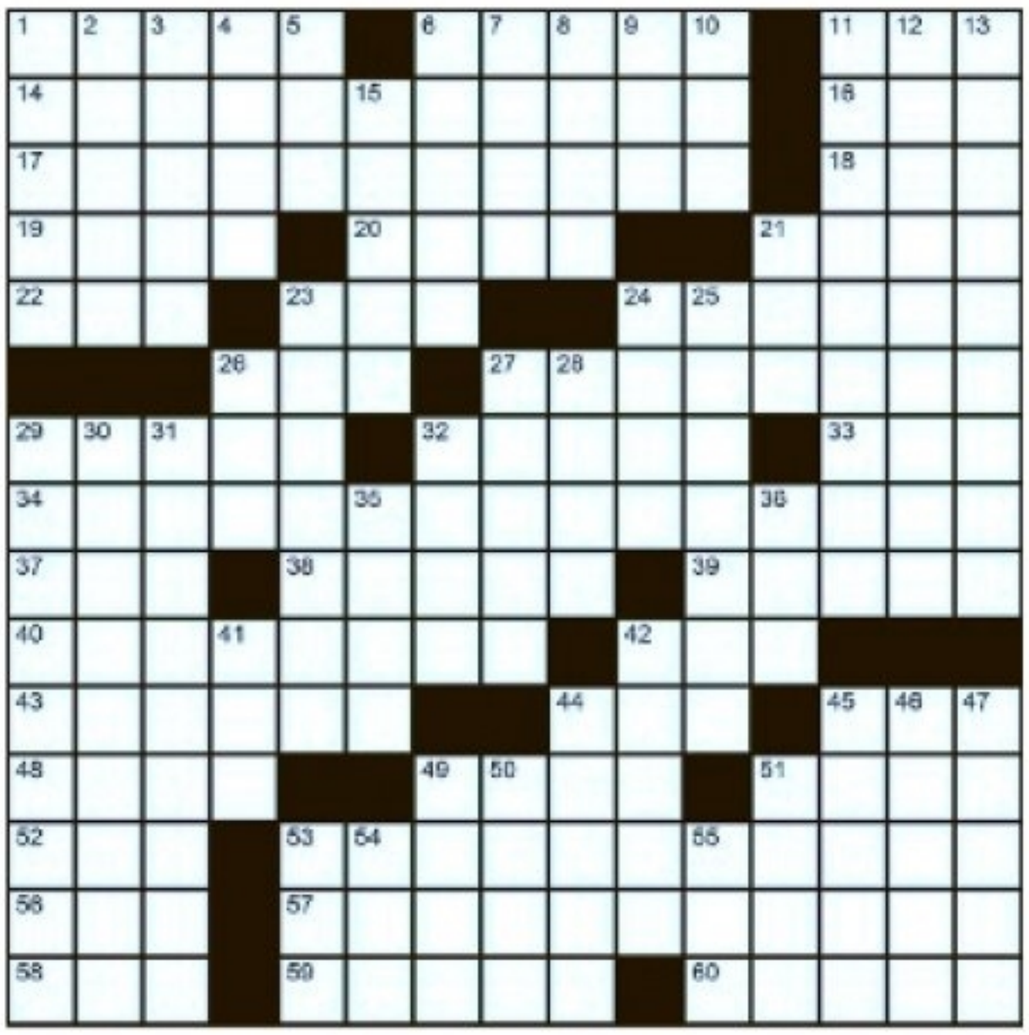
Ingredients
- 1 lb ground beef
- 2 cloves garlic, minced
- 1 onion, diced
- 1 carrot, diced
- 1 celery stick, diced
- 1 can diced tomatoes (14 oz)
- 1 can chickpeas (14 oz)
- 1 can tomato paste (5.5 oz)
- 1 Tbsp chili powder
- 1 tsp dried oregano
- 1 tsp Worcestershire sauce
- 1 tsp salt
- 1/2 tsp pepper
- 1/4 tsp dried mustard
- 1/4 tsp cinnamon
- Chopped green onion for garnish

Directions
1. Place ground beef in your slow cooker and break it up with a wooden spoon. Add the rest of the ingredients and give the whole thing a big stir to blend.
2. Cook on low for 8 hours. Serve with some chopped green onion for garnish.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Construe
6. Bloodhound's 'bait'
11. Mil. rank
14. Five star accommodation: 2 wds.
16. The Altar constellation
17. Sobeys private food brand
18. Name: French
19. "Misty" bit: "..._ _ helpless as a kitten up a tree..."
20. Hawaiian coffee
21. Free pass, fun-style
22. Canada's money [abbr.]
23. Vintage auto
24. Aphrodite's beau
26. Diced tomatoes = Tomates en _
27. Reprimand
29. _ salts
32. "Wide World of Sports" hosting legend Jim
33. Aunt, in Italy
34. Camelot, Sir Lancelot and a whole lot more: 2 wds.
37. View
38. Upbeat dance, _ Hop
39. Prod
40. They say it's just these Sgt. Joe Friday is interested in: 2 wds.
42. Heavy wts.
43. Emulate: 2 wds.
44. 17th letter spelling
45. Nova Scotia hrs.
48. South Dakota dam
49. Egg warmers
51. Texter's "The way I see it..."
52. Driver's 4x4, commonly
53. Ryan Gosling, when he co-starred with Britney, Christina and Justin
56. PBS funding org.
57. 1970s cowboy decorations
58. Stuck keyboard letter here
59. Locales
60. "There is no _ _ what we can do together." - Paul McCartney

DOWN
1. Charlton Heston/Sophia Loren movie: 2 wds.
2. Il _ (Cathedral in Florence, Italy)
3. Maya archaeological site in Mexican state Yucatan
4. Baking amounts
5. Schubert's The _-King
6. Li'l Abner creature
7. Filmmakers Joel or Ethan
8. Sicily volcano
9. Earnings
10. Motley Crue drummer ...his initials-sharers
11. Sainted
12. Favourable
13. Wild house party 'hat'
15. "Frightful!"
21. Debating side
23. Dan Aykroyd's character Beldar is from what planet?
24. Lawyer Ms. Clooney
25. Woman who has gained respect in her field
26. Play-_
27. Mil. schools
28. Lettered label
29. Headed for The Maritimes
30. Warmed the oven beforehand
31. British Columbia: Migratory rainbow trout
32. Certain candy
35. Pasta alternative
36. Mr. Van Sant
41. "Yuck!"
42. Elephant weapons
44. Body bendees
45. Rectify
46. Paper piece
47. Body
49. Eight: French
50. Anglo-Saxon toiler
51. Triumph's "Lay _ _ the Line"
53. Married title
54. "_, _ get it now!" (Aha!)
55. French season

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You have learned a lot in recent weeks and now you must start to apply it, even if it means the kind of upheavals you usually try to avoid.

Taurus April 21 - May 21
Look for compromise solutions, instead of making more enemies. The planets warn if you insist on getting your own way it will cause unnecessary ill feeling and more problems than it manages to solve.

Gemini May 22 - June 21
Some people talk for the sake of talking but you're not one of them, are you? Cut short meaningless gossip and focus only on what is of genuine importance. Don't worry if you hurt others' feelings.

Cancer June 22 - July 23
What happens next should ease your money troubles. Your luck is about to turn but make sure you are the one who gets the benefits.

Leo July 24 - Aug. 23
You'll learn something today that will help you make sense of what up until now has seemed largely irrational. For best results, be open to new possibilities and believe that there is meaning behind everything.

Virgo Aug. 24 - Sept. 23
Face up to aspects of your personality that you usually keep well hidden, even from yourself. Be honest with yourself about some of your more negative thoughts — then find ways to transform them into positives.

Libra Sept. 24 - Oct. 23
If you don't like the situation you find yourself in then change it. You are not now, nor have you ever been, a victim, so stop complaining that life is unfair and do something about it.

Scorpio Oct. 24 - Nov. 22
The choices you make over the next 48 hours will be crucial as far as your work is concerned, so think and then act. Decide what your number one priority is and focus on that.

Sagittarius Nov. 23 - Dec. 21
If you do nothing else today at least aim high, both at home and at work, because there is no limit to how much can be accomplished. A little bit of self-belief will go a long way. Think how far a lot might take you!

Capricorn Dec. 22 - Jan. 20
Get your cashflow situation in order. With Venus moving in your favour it shouldn't be hard. If you need help, don't be afraid to ask for it. You won't be refused.

Aquarius Jan. 21 - Feb. 19
A dispute will break out today but you have been through this before, so don't worry. The situation may be different but the emotions are the same. That's good: it means you won't make the same mistakes twice.

Pisces Feb. 20 - March 20
Let where you are going, rather than where you are coming from, be your guide. The choices you make will influence your life for months to come, so make them wisely.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	2		8					
	7			9				3
						9		
		1	2					4
6		2		4		5		9
9					1	2		
		8						
4				3			8	
					2		7	

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

7	2	6	3	8	9	4	1	5
9	3	5	1	4	6	2	7	8
4	1	8	5	7	2	6	9	3
6	9	2	8	1	5	3	4	7
3	8	4	6	9	7	5	2	1
1	5	7	2	3	4	8	6	9
8	6	9	7	2	3	1	5	4
2	4	3	9	5	1	7	8	6
5	7	1	4	6	8	9	3	2

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